

EMPOWER

Embracing the power of educator resilience, emotional stability, and mental health

WELLNESS CALENDAR SERIES 2022

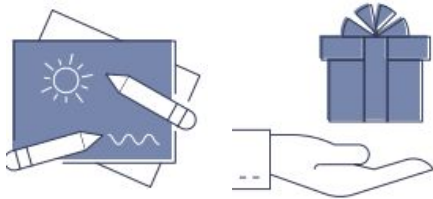
Join us on a wellness journey to build your skills and improve your resilience and mental well-being!



Authenticity
Ashley Mariano



Exploring Emotions
Corrie Nelson



Play, Create & Gratitude
Marla Peachock



Mindset
Dan Kidd

Welcome to month two of our Empower Wellness Calendar Series. You will continue to find daily actions for embracing resilience and mental health as an educator.

In this calendar, we have curated a variety of resources to be explored or experienced in 10 minutes or less each day throughout the month. Listen to a brief recording or Ted Talk, access a strategy, or experience a practice. Many of these resources can be leveraged personally, professionally, and with your students.



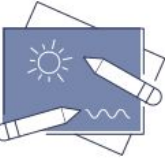


The first day of every week includes a brief recorded introduction to the theme for that week. For each day of the remainder of the week, you will have the opportunity to explore the topic more deeply through reflections, experiences, articles, videos, etc. The themes explored this month include personal self-reflections such as Authenticity, Exploring Emotions, Creativity and Play, Mindset, and Gratitude. It is our hope that you embrace the power of resilience, emotional stability and mental health by engaging with this resource.

Regards,
The Empower Wellness Calendar Team

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March 2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Authenticity	FEBRUARY 28 An Introduction to Our Authentic Selves	MARCH 1 Defining Values	2 Passion Profiles	3 Exploration through Art	4 Because of a Teacher
	Exploring Emotions	7 Intro to Exploring Emotions	8 The Feelings Wheel	9 R.A.I.N Mindfulness Practice	10 Mindful Walk and Body Scan Audio Tracks	11 Emotional Intelligence Self Assessment
	Play and Create	14 An Introduction To Play and Creativity	15 Finding Opportunities to Play	16 Creativity as our Superpower	17 Creativity	18 Benefits of Play
	Mindset	21 Intro to Mindset	22 Mindset Check Up & Overview	23 How Gritty are You?	24 Taking Action	25 Self Reflection
	Gratitude	28 An Introduction to Gratitude	29 Today I am grateful for...	30 The Benefits of Gratitude	31 Gratitude Challenge	APRIL 1 Practice, Practice Practice